

Educational & Developmental Intervention Services (EDIS)

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What we offer:

- Free developmental screening and evaluation for children under 3
- Therapeutic intervention for children under 3 who have delays in gross motor, fine motor, self-help, social-emotional, cognition, and/or communication skills
- Services delivered at the EDIS clinic, family home, or at the child's daycare
- Resources for parents and children
- Developmental playgroup for toddlers and parents
- Infant massage classes and in-home instruction
- Yoga for children with special needs

Our staff:

- **Conchita Cuvillo-Martinez del Cerro**, Secretary
- **Lisa Lunsford**, Speech/Language Pathologist
- **Marjorie Stefan**, Occupational Therapist
- **Christina Odeh**, Physical Therapist
- **Deb Reed**, Early Intervention Specialist

Contact us:

The EDIS Clinic is located in Building 1741 in Las Palmeras Housing at the corner of Alicante and Pontevedra
Phone: 727-4029

Raising a Bilingual Child

First of all, good for you for exposing your child to more than one language! Research tells us that learning more than one language, especially as a young child, can have beneficial effects on cognition and language skills as adults. It also allows your child to remain close to both cultures in your family.

Children learning more than one language at the same time develop language differently than children learning only one language.

We expect:

- * Bilingual children to *understand* both languages equally well and nearly as well as their monolingual peers.
- * Bilingual children start talking a little later than

other children.

- * A bilingual child's vocabulary grows in one language first; then the other language should catch up.

- * Bilingual children typically speak and understand both languages as well as their monolingual peers by the time they start 1st grade.

- * It is typical for some children to refuse to speak in one of the languages they are learning, especially as they enter school.

Recommendations:

- * Keep the languages separate. Many families do this by having one parent speak one language while the other parent speaks the other language with the child.



Another way is to change languages when you change activities such as lunch in language 1 and bath time in language 2.

- * Discourage your child from using words from different languages in the same sentence. Simply repeat what your child said in the language you are communicating in at that moment. This way you model the correct words and sentences for your child.

News from EDIS

EDIS and Pediatrics at the Hospital are teaming up to make sure young children are developing as they should. Parents are being asked to fill out an Ages and Stages Questionnaire at

every well-child visit, 6 months to 5 years of age. EDIS scores the developmental screening and reports results to parents within two weeks.

This is an easy way

to monitor your child's development. EDIS will provide you with information, answer questions and provide a list of age-appropriate play activities that you can do with your child.

Hiding Vegetables in Food Can Increase Vegetable Intake

Preschool children consumed nearly twice as many vegetables and 11 percent fewer calories over the course of a day when researchers at Penn State added pureed vegetables to the children's favorite foods.

In their study, the researchers served vegetable-enhanced entrees to 39 children between the ages of 3 and 6 on three separate days. They tested three familiar foods -- zucchini bread for breakfast, pasta with a tomato-based sauce for lunch and chicken noodle casserole for dinner. The team modified the standard recipes for these foods by adding a variety of pureed vegetables to reduce the calories in the entrees by 15 percent and 25 percent.

"We incorporated several vegetables into the dishes, including broccoli, cauliflower, zucchini, tomatoes and squash," said



Maureen Spill, a post-doctoral fellow in nutritional sciences and the study's lead author. "We were pleased to find that the children found the vegetable-enhanced ver-

sions to be equally acceptable to the standard recipes."

According to Spill, the children ate the same weight of food regardless of the vegetable content of the entrees. And when they ate the vegetable-enhanced entrees as opposed to the standard-recipe entrees, their daily vegetable intake nearly doubled while their calorie intake decreased by 11 percent.

The team's findings are online in the *American Journal of Clinical Nutrition*.

Bug Books

Young children seem naturally drawn to insects that wriggle and fly. This summer, build on your child's interest by exploring the backyard for creepy crawlers. Then settle down together for a good bug book...

The Very Lazy Ladybug by Isobel Finn & Jack Tickler A ladybug goes for rides on other animals until she

hops on the trunk of an elephant. When the elephant sneezes, she is catapulted into the air. It's just what she needs to learn to fly. This is a fun book with a dramatic ending.

The Itsy Bitsy Spider by Iza Trapani The author takes us beyond the water spout adventure and follows the itsy bitsy spider through other daily mishaps.

The Very Hungry Caterpillar by Eric Carle A caterpillar hatches out of his egg and is very hungry. Day by day he eats through a different piece of food. Little holes cut in the pages allow children to wiggle their fingers through the food, just like the caterpillar. In the end, readers learn how a caterpillar turns into a butterfly.



The Little Things in Family Life

Researcher Ellen Galinsky, co-founder of the Families and Work Institute, found that it's the little things in family life that really matter. When kids in her study were asked what they could remember most from their childhoods, she learned that it wasn't big gifts or

elaborate celebrations they recalled, but simple rituals and everyday routines, like made-up bedtime stories or having pizza every Friday night.

Predictable rituals provided children with a sense of security, contentment, and knowledge that they were

loved and belonged.

Meals, chores, holidays, bedtime, and vacation are regular opportunities in which families can create fun rituals. Some rituals develop on their own, but often it's up to the parent to create these routines.